

from the General Hospital of Nikaia, 'Ag. Panteleimon', in Athens, Greece, from 01/01/2012 to 31/12/2015. SPSS software was used to analyse the data.

Results There were significant differences between the four years (2012–2015) with regard to the use of psychotherapy, in combination with medications, from psychiatric patients as $\chi^2(21): 753.057, P < 0.001$. More specifically, only 0.1% of psychiatric patients undertook psychotherapy in addition to taking medications, in 2012, and this increased to 2.7%, in 2013, 13.8% in 2014 and 18.6% in 2015.

Conclusions There was an increase in the use of psychotherapy, in combination with medication taking, during the four last years, from 2012–2015. However, the percentage of patients undertaking both psychotherapy and taking medications is still low. This has important clinical implications as the use of psychotherapy plays a significant role in achieving optimal health outcomes of psychiatric patients.

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EV1149

Countertransference in psychotherapy of paranoid patients

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The complexity of psychotherapy is based on the very nature of the paranoid process. The therapist must not only have a good understanding of the paranoid process, but also needs to be especially careful regarding the transference-countertransference emotions. Long-standing experience in psychotherapeutic work with paranoid patients, in the individual and group setting, has enabled us to systematize countertransference reactions. Dominant projective mechanisms require a high ability to contain emotions from the therapists. The most prominent is aggression, in regard to which the countertransference feelings appear, ranging from aggression to exposedness, impotence, and victimization. The therapist must constantly separate feelings which represent his "blind spot" from those which he perceives as a patient's part in therapist himself. The latter countertransference enables the therapist to experience the internal object of the patient by the mechanism of projective identification. Beside the aggression, the feelings from the narcissistic spectrum related to topics of value, competence, rivalling, idealization, and devaluation represent a significant countertransference problem. The countertransference feelings in group psychotherapy are of lower intensity, and rarely focused on the therapist himself. In the group, there is also the possibility of significant intensification of the projection of aggression, when the whole group is focusing the projections onto the therapist. In the group milieu, commonly emphasized countertransference feelings are related to the position in the group, competence, autonomy, and dependence. The understandings and way of coping with countertransference emotions determine the potential for creating the safe emotional ground in psychotherapy.

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Comparisons of narrative psychotherapy to conventional CBT for the psychotherapy of psychosis and bipolar disorder

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Introduction There is ongoing debate about both the value of psychotherapy in psychotic disorders and the best type of psychotherapy to use if necessary.

Methods We conducted narrative psychotherapy with 18 adults, all diagnosed as having bipolar disorder with psychotic features and/or schizo-affective disorder. Outcome data consisted of the Positive and Negative Symptom Scale, the Clinical Global Impressions Scale, the Young Mania Rating Scale, the Hamilton Anxiety and Depression Scales, the My Medical Outcome Profile, Version 2 (MYMOP2), and the Outcome Rating Scales of Duncan and Miller. We compare the outcomes of our patients to those of a matched comparison group receiving conventional psycho-education and cognitive behavioural therapy. Patients were seen for a minimum of 16 weeks over an average of 22 weeks. Average age was 31.5 years with a standard deviation of 8.1 years.

Results The narrative therapy group showed statistically significant reductions in all outcome measures compared to the conventional treatment group. They continued treatment significantly longer and had fewer re-hospitalizations. They were less distressed by voices.

Conclusions A narrative psychotherapy approach using dialogical theory and therapy ideas is a reasonable approach for the psychotherapy of psychosis. Review of psychotherapy notes showed that narrative approaches allowed the therapist to align with the patient as collaborator in considering the story presented and was therefore less productive of defensiveness and self-criticism than conventional approaches. The therapy included techniques for negotiating changes in illness narratives, identity narratives, and treatment narratives that were more conducive of well-being and recovery.

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EV1151

System of integrative psychotherapy of somatoform and psychosomatic disorders patients

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The main goal of the investigation was the integrative psychotherapy system established. On the basis of the examined 350 patients with somatoform disorders and 250 patients with chronic psychosomatic diseases, we have elaborated a test that allows to evaluate quantitatively the influence of the disease on patients' social functions. We created the integrative psychotherapy system with cognitive-oriented, suggestive and autosuggestive implementations. Elucidation of peculiarity of personal perception of the disease served as basis of elaboration of purposeful system of psychotherapy, consulting, and psychological support for psychosomatic patients with high-effectiveness 1.5–3 years catamnesis in 85% patients. Psychotherapy should be used first of all as a target-oriented. Our experience showed the necessity of the use the integrative models of psychotherapy, parted on stages. On the first stage, the receptions of cognitive and suggestive psychotherapy are used. There is group therapy on second stage. On the third stage elements of the autogenic training mastered. The system examination high efficacy was shown.

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Contribution of EMDR therapy in the management of personality borderline: About a clinical case

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EMDR therapy is a new approach to psychotherapy that uses alternating bilateral stimulation, either through the movement of the eyes or through auditory or cutaneous stimuli, to induce rapid resolution of symptoms related to past events. The protocol of EMDR therapy is based on a set of principles that are essential to a humanistic and integrative approach to medicine and health: confidence in the self-healing capacity of each individual, the importance of history personal approach, a person-centered approach, restored power, the importance of mind-body bonding, well-being and performance improvement. Several controlled studies have demonstrated the remarkable effectiveness of EMDR therapy for post-traumatic stress disorder resolution. Indeed, to date, EMDR therapy is one of the best documented methods of treating post-traumatic stress disorder in the scientific literature. We report here the clinical case of a young lady with post-traumatic stress disorder complicated by depressive disorder, on borderline personality, and as comorbidity a polyaddiction to tobacco, alcohol and cannabis, and in whom EMDR therapy proved its efficacy in the management of her disease, enabling her to return to a better life.

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EV1153

Time perspective in multiple sclerosis patients: Looking for clinical targets for psychological interventions

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Introduction Interaction with time is a fundamental human characteristic that varies significantly in situations of severe chronic disease. Multiple sclerosis (MS) refers to medical conditions with severe damage to the nervous system, which have poor prognosis for patients.

Objectives and aims To explore the relation between clinical variants of multiple sclerosis and time perspective in MS patients for goals of psychological interventions.

Methods A total of 104 MS inpatients (25 men and 79 women aged 19 to 64) filled out Russian version of Zimbardo time perspective inventory (ZTPI) developed by A. Sircova, E.T. Sokolova, and O.V. Mitina, 2008. Seventy-three patients were diagnosed for relapsing-remitting multiple sclerosis (RRMS) and 31 patients for secondary progressive multiple sclerosis (SPMS).

Results Analyzing the difference in ZTPI values in MS patients one could notice that RRMS patients showed a greater focus on positive past, while SPMS patients indicated a higher priority on the future. No gender specifics were identified in MS patients with different clinical variants of the disease ($P > 0.05$).

Conclusions The data revealed could be related to the fact that SPMS patients having more severe clinical variant of MS were forced to the issues of living with the disease planning. They were

ready to assess and to prepare for possible negative consequences of the disease. They also sought the most efficient use of available resources for their own future and future of their loved ones. The resulting evidence can be used to determine clinical targets for psychological interventions in MS patients.

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EV1154

Music orchestrating health feelings and senses given to the music present at the hospital during hemodynamic procedures: Cardiac catheterization and coronary angioplasty

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Several studies indicate that music has soothing effects and is effective for reducing stress and anxiety in coronary patients. The effects of stress on the cardiovascular system have also been proven. However, the meanings assigned to music when used during hemodynamic procedures are unknown, as are the meanings of the experience of these procedures. The aim of this research is to understand the senses and feelings of music for patients undergoing hemodynamic procedures, identify and interpret the fantasies and emotions related to, and study the possibility of deploying in hospitals the "Musical Method for Hemodynamic Procedures", being developed by the author. This research is based on a clinical-qualitative methodology. The sampling method is the theoretical saturation. The semi-structured interview was used in order to obtain data that was submitted to content analysis. The subjects are patients undergoing hemodynamic procedures in hospital SEMPER, Brazil. We conclude that within the experience of listening to music while undergoing catheterisation 100% of the patients claimed they had overcome the experience of stress and felt calm, tranquillity, peace and happiness. Some patients described the music as a companion, as something that diverts their attention from fear, transporting them to an imaginary place, to another dimension. The episodic memory, the capacity to recognize a musical excerpt for which the spatiotemporal context surrounding its former encounter can be recalled, was also important, with surprising results in the case of patients who underwent catheterisation in the presence of music and, later, angioplasty without the presence of music.

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EV1155

The specifics of psychotherapy of nuns

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Introduction Nuns undertaking psychotherapeutic treatment are a particular group of patients. As human beings, they experience similar emotions, everyday worries, crises and difficulties as everyone else during social interaction, but at the same time they fill a